

Purchase your  
GRAVITYPass  
at the front  
desk!



Classes limited  
to 6. Sign up  
at the front  
desk!

GROUP STRENGTH :: PILATES :: PERSONAL TRAINING :: POST-REHAB

| Monday  | Tuesday  | Wednesday   | Thursday                                      | Friday                                       | Saturday                                     | Sunday                                      |
|---|--|---|---|--|--|---|
| 10:00-10:30am<br>GRAVITYGroup<br><i>Venus</i> |  | 10:00-10:55am<br>GRAVITYPilates<br><i>Lihyuan</i> |   |  |  |   |
|   | 11:00-11:55am<br>GRAVITYGroup<br><i>Sara</i>   |   |   | 11:00-11:55am<br>GRAVITYGroup<br><i>Sara</i> |  |   |
|   |  | 5:00-5:30pm<br>GRAVITYGroup<br><i>Venus</i>       | 5:30-6:25pm<br>GRAVITYPilates<br><i>Corin</i> |  | 12:30-1:00pm<br>GRAVITYGroup<br><i>Venus</i> |   |
|   |  |   | 6:30-7:00pm<br>GRAVITYGroup<br><i>Corin</i>   |  |  | 4:00-4:30pm<br>GRAVITYGroup<br><i>Laura</i> |
| 7:30-8:00pm<br>GRAVITYGroup<br><i>Venus</i>   | 6:30-7:00pm<br>GRAVITYGroup<br><i>Isabella</i> | 6:30-7:00pm<br>GRAVITYGroup<br><i>Corin</i>       |   |  |  |   |

#### GRAVITYGroup®:

No time for strength training? Nonsense! These high intensity muscular strength and endurance routines are designed for effective full-body workouts. Keep your heart rate up while training every major muscle group - in just thirty minutes!

#### GRAVITYPilates®:

This class is developed out of traditional reformer-based exercises and includes evolved Pilates exercises performed on the GTS machine. The GTS assists those with strength and flexibility limitations, helping individuals of all fitness levels to gain success immediately!

#### GRAVITYPersonalTraining®:

Work one-on-one with a certified Personal Trainer to meet your specific objectives for muscular strength and endurance, power, balance, flexibility, cardio-resistance training, and improved body composition. These sessions are available by appointment only - pick up a PT registration form at the front desk.

**Cub Run**  
**RECenter**

4630 Stonecroft Blvd. Chantilly, VA 20151 703.817.9407